
The Hashish Cookbook
by Panama Rose



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The Hashish Cookbook



Panama Rose

1966
Gnaoua Press



LEVEL PRESS
• SAN FRANCISCO •

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Level Press, Inc.

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700 DIAMOND
SAN FRANCISCO 94114

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For Sonja, who liked to eat,
and for Mohammed, who didn't.

MOROCCAN MAJOON

Place a half cup or so of clean kif in a dry, heavy iron skillet over a slow fire. Toast to a golden brown, turning constantly with a knife so it doesn't burn. Pound the kif to a fine powder with a mortar and pestle. Add:

1 cup finely chopped dates
1/2 cup raisins
1/2 cup each ground almonds and walnuts
1 cup chopped figs
1 tsp. freshly ground ginger
1 tsp. cinnamon
1 whole freshly grated nutmeg
1 Tbs. ground anise seed
1/2 cup honey

Mix all ingredients and cook together with about half a cup of water until the fruits have softened and blended together, then let the water evaporate. Melt 2 Tbs. butter in a skillet over a low flame. Add the mixture and stir for five minutes. Taste. If the majoon is not sweet enough add more honey and heat again. Let cool. Stir in 1/4 cup orange flower water. Store in an airtight container. A heaping Tbs. per person should be enough. Serve with hot mint tea.

For variety, the majoon can be enclosed in this pastry:

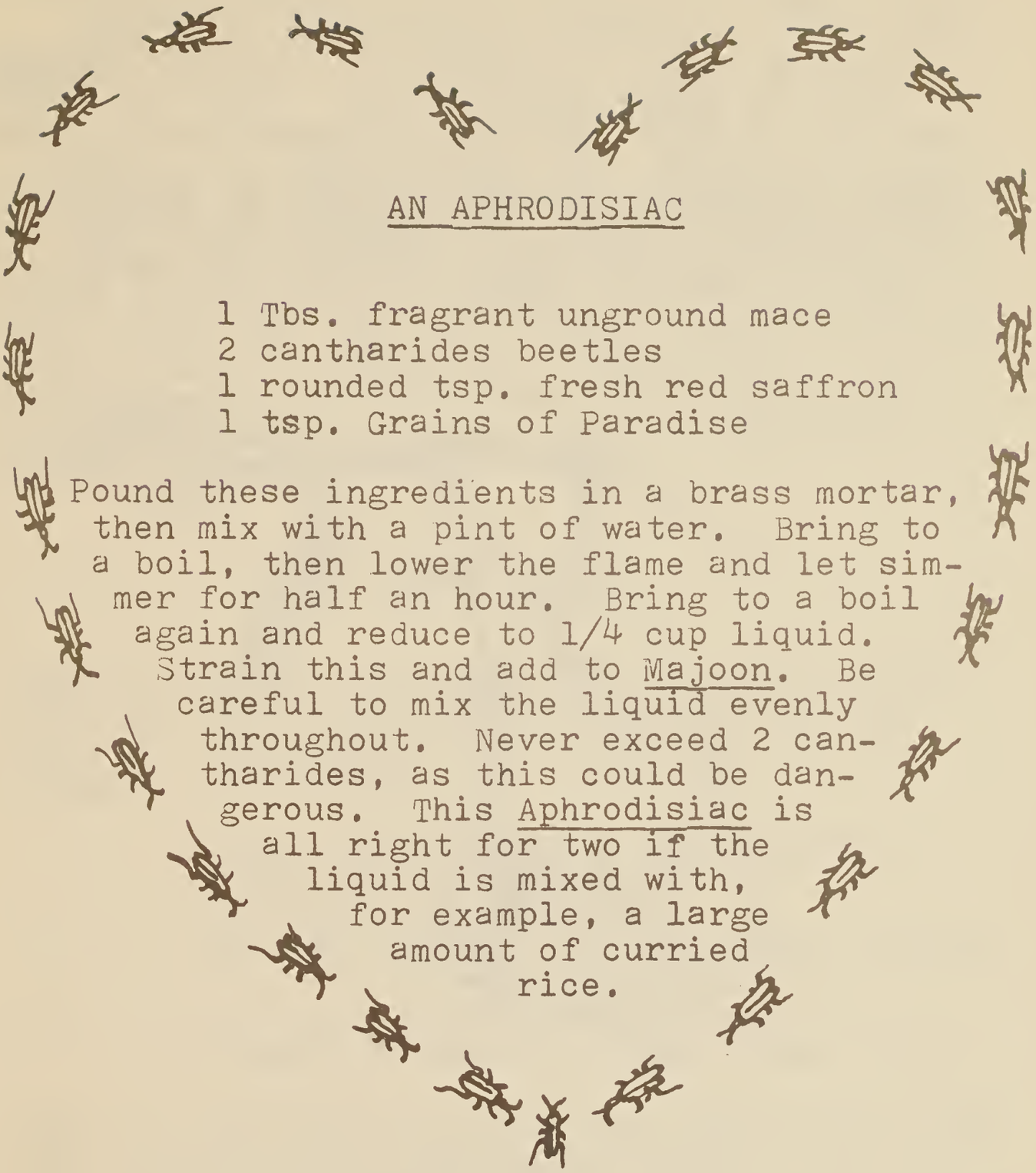
4 cups sifted flour
1/2 tsp. salt
1 tsp. baking powder
1/2 cup softened butter
4 eggs
1 cup honey

Sift the flour, salt and baking powder into a bowl. Make a well in the center and place butter, eggs and honey in it. Work together with the hands to form a dough. Roll out and cut into 4 inch squares. Place a heaping Tbs. of majoon on each and fold into a triangle, sealing the edges. Bake in a 350 oven for 20 minutes or until browned. Makes about 3 dozen. This pastry can also be filled with the following filling, in order to make a kind of Hashish Hamantashen:

2 cups prune butter
1/8 ounce powdered hashish
1/2 cup ground almonds
1 Tbs. grated lemon rind
1 Tbs. lemon juice
1/4 tsp. cinnamon

Mix together very carefully.





AN APHRODISIAC

1 Tbs. fragrant unground mace
2 cantharides beetles
1 rounded tsp. fresh red saffron
1 tsp. Grains of Paradise

Pound these ingredients in a brass mortar, then mix with a pint of water. Bring to a boil, then lower the flame and let simmer for half an hour. Bring to a boil again and reduce to 1/4 cup liquid. Strain this and add to Majoon. Be careful to mix the liquid evenly throughout. Never exceed 2 cantharides, as this could be dangerous. This Aphrodisiac is all right for two if the liquid is mixed with, for example, a large amount of curried rice.

Small amounts of water extract made by boiling the leaves, blossoms or seed pods of datura stramonium might be mixed with the basic Majoon, or even the White Cooky recipe. Then the effect would be to make the victim suggestible to whatever is desired. The grated skin of a dried desert lizard can be used instead of canthar-ides beetles. Extract of mandrake root and opium also open the mind and relax the body.



TEA

Tie a Tbs. or so of uncleaned grass in a piece of muslin or cheesecloth. Put some water on to boil for tea. Add the grass tied up in the cloth bag and when it comes to a boil, pour both water and bag into a teapot containing preferably mint or some kind of green tea. Let steep for at least five minutes, add plenty of sugar and serve. Tea can also be made from freshly picked grass.

SESAME BALLS

Toast 1/4 ounce of grass until slightly golden and dry in an iron skillet. Be careful not to burn it. Pulverize in a mortar or with your fingers. Mix with:

3 oz. ground roasted sesame seeds
3 Tbs. ground almonds
1/4 cup good honey
1/4 tsp. each cinnamon, nutmeg, Grains of Paradise
1/2 tsp. strong ground ginger
a dash of rose or orange flower water

Stir in the skillet over a low flame with 1 Tbs. salt butter until thoroughly heated. Let cool. Form into balls the size of a walnut and roll in whole roasted sesame seeds. Eat it with a friend.

HARD CANDY

Powder 1/4 cup of grass with a mortar and pestle. Add water little by little to form a full cup of smooth liquid. Strain through a cloth and mix with: 4 cups of sugar and 2 cups light corn syrup. In a large heavy pot cook to 310° F. (use a candy thermometer). Remove from the stove, let stand for a few minutes, and stir in a little mint flavoring, if desired. Pour onto a cool, oiled piece of marble. When it cools slightly, make lines with a knife to form squares. Loosen the bottom of the candy with the knife. When it's cold and hard, break into squares. This candy will be green and not very tasty. Other coloring may be added with vegetable dyes, as is done in Andalucia.

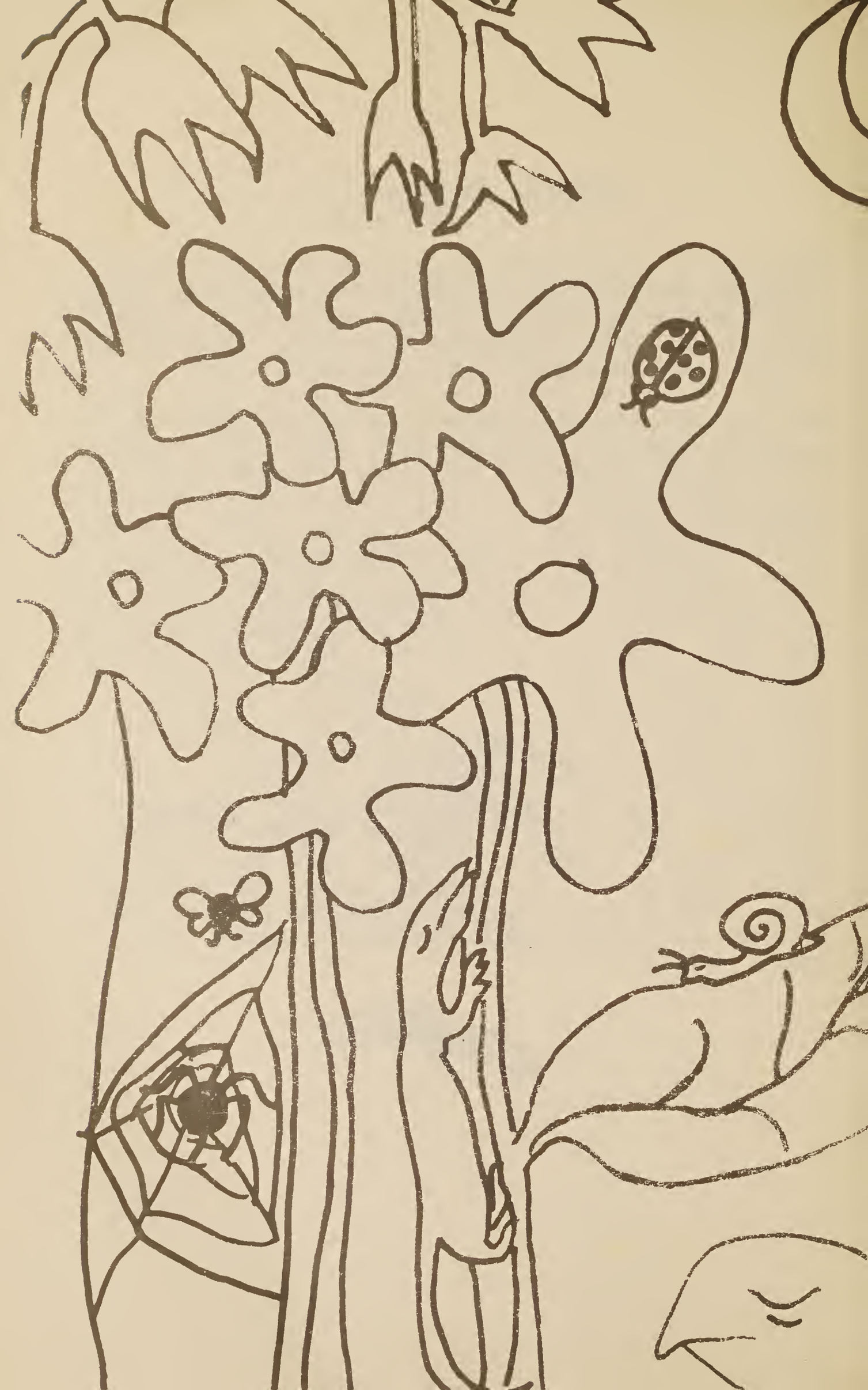


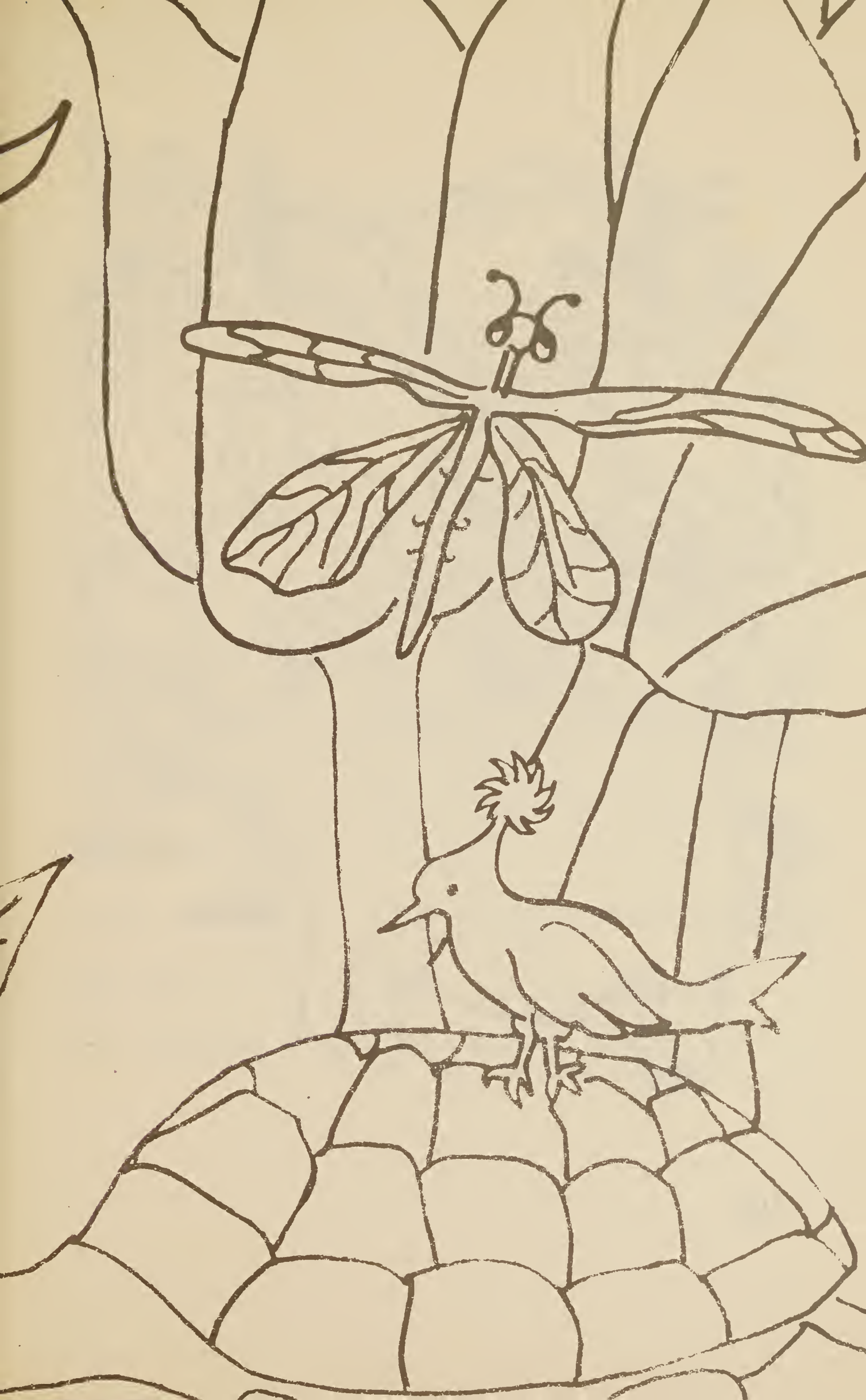
HASHISH HARRERA

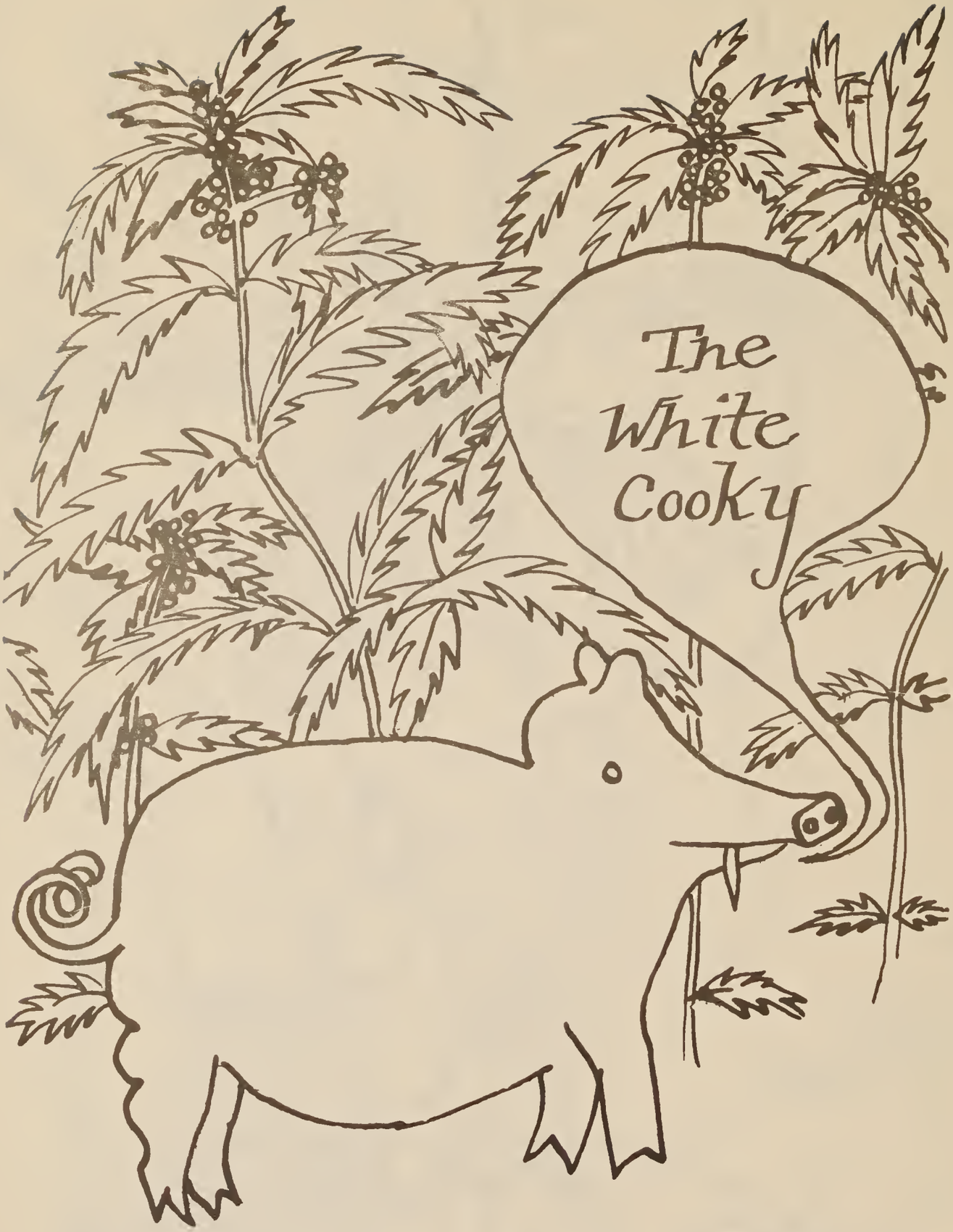
Harreara is a Moroccan soup traditionally served to break the fast of Ramadan. My maid once mistook some brown powder in the mortar for ground pepper, and tossed it into the soup. This recipe is the result of that accident.

Chop an onion very fine with a small bunch of green coriander (or parsley if coriander is not available), a parsnip, and a few celery tops. Cover the bottom of a big pot with 1/4 inch good olive oil. Optional: add a little meat, diced small, chicken parts (gizzards, heart, liver). Leave the vegetables and meat to simmer in the oil for about 1/4 hour, watching that it does not burn. Add a pint and a half water, and simmer until the meat is tender. Add 3 Tbs. canned tomato paste, and half a cup canned cooked chick peas. Add 2 ounces fine vermicelli. Mix two ounces flour or fine semolina with a cup of water to make a smooth, thin paste; pour in, stirring all the while. Add a Tbs. paprika, a tsp. turmeric, salt and pepper, and 1 tsp. powdered hashish. Boil for ten minutes longer, stirring occasionally. Remove from the fire and immediately pour in 2 beaten eggs. Stir, and serve at once. Put a half tsp. smin (rancid butter) and a pinch of cinnamon in each bowl. Serve with lemon wedges.








The
White
Cooky

THE WHITE COOKY

This is a recipe for the famous White Cooky of Marrakesh. The secret method for extracting the essence of kif into butter is also known in India, where the extract is called the Sacred Ghee. If it is made carefully, the cooky will be odorless, tasteless and innocent looking.

Bring to a boil a very large pot of water and a pound of butter. Add 1/4 to 1/2 pound of kif on the stalk (not too dry). Leave to simmer over a low flame for at least 6 hours, stirring occasionally and being careful not to let the water boil away. Add more water if necessary. Strain the hot mixture into an even larger pot. Pour boiling water over the stalks several times to remove any butter still clinging to them and strain again. Discard the kif. Let the liquid stand until cold (refrigerate) and skim off the butter which will have solidified on top. Discard the water. Reheat the butter and strain through a fine strainer. Leave the butter to cool and solidify. The extract is now ready to use in the following recipe:

cream together:	1 cup of soft butter extract
	3/4 cup sugar
then beat in:	1 egg
stir in:	3 tsp. vanilla or almond extract
sift together:	3 cups sifted flour
	3/4 tsp. baking powder

Make the dough and chill until firm. Roll it out thin on a floured board. Cut into small circles with a juice glass. Press half an almond into each cooky and bake about 7 minutes in a hot oven (or until lightly browned). One half to a whole cooky will be more than enough. This recipe can also be made with seeds and stalks when nothing else is available, but the cookies will be much milder.



BLACK SABBATH SALVE

100	grams human fat (use chicken fat)
40	" hashish
50	" hyoscyamus (henbane)
20	" belladonna
260	" Indian hemp
50	" garlic
30	" sunflower seeds
60	" calamus
250	" opium poppy flowers
100	" wheat

Mix everything together, dry out in the sun, then reduce to a fine powder. Store in an air-tight container. To use, rub on the solar plexus, base of the throat, arms and knee joints, soles and palms. This is enough for a very large gathering. DO NOT EAT IT. After the ceremony, wash off the salve and anoint the body with vaseline.



NEBUCHADNEZZAR'S DREAM

Toast whole stalks of grass over an open fire in the country. Salt, dip in honey, and eat it off the stalk. This is the way they do it in the Rif mountains.

SEED FRITTERS

For a weird breakfast, lightly toast 1/4 cup seeds in a heavy iron skillet, then add them to this batter:

1 cup packaged buchwheat pancake mix
1 egg
1 1/4 cup milk
1 Tbs. melted butter

Stir together until smooth. Heat the skillet, add a little butter, then pour in some batter. Turn the fritter when it starts to look done around the edges. Repeat until all the batter is used. Serve with maple syrup or honey. Enough for three people, it's a good way to start the day. If you don't like crunchy food, use ground up seeds.

FAROUK'S DICK

Fry six 2 inch baby bananas from a Puerto Rican grocery in a little butter along with 6 slices of bacon. Mix a teaspoonful of powdered hashish and 2 Tbs. brown sugar. Wrap each fried banana with a slice of bacon and serve sprinkled with the hash and brown sugar mixture. Serves two.



BETEL NUT MALTED

Put 3 or 4 betel nuts, a half Tbs. of grass, half a banana, a heaping Tbs. malted milk, a few spoonfuls of sugar and 8 oz. of milk in a Waring blender. Leave on high speed for a couple of minutes. Strain. Serve in small glasses. A stimulating drink which can be made very well without the grass.

HASH BROWNIES

Hashish and chocolate are a fine combination.
Pulverize 5 grams of top quality hash.
Melt over hot water:
2 oz. unsweetened chocolate
1/3 cup butter
Add the hash. Beat in:
1 cup sugar
2 eggs
Sift together and stir in:
3/4 cup cake flour
1/2 tsp. baking powder
1/2 tsp. salt
Mix in:
1/2 cup chopped walnuts
Bake for 30 minutes in an 8 inch square greased pan. When cool, spread with chocolate icing and top with half walnuts. Cut into tiny squares. Nibble with caution.

CHRISTMAS PUDDING

Combine the following ingredients:

1 cup clean, powdered kif
1 cup grated raw carrots
1 cup grated raw potatoes
1 cup raisins
1 beaten egg
1 tsp. baking soda
1/2 tsp. salt
1 cup brown sugar
1 cup flour
1/2 tsp. cinnamon
1/2 tsp. cloves
1 rounded Tbs. butter

Steam for 3 hours in a mold. Top with candied cherries.

FUDGE

Lightly toast half a cup of grass (more or less) in a heavy iron skillet. Be careful not to burn it. Powder it, and cook with any recipe for chocolate nut fudge (which is not included in this book because it is such a long, complicated operation), but replace the nuts with an equal quantity of shredded candied orange peel.

SOME INDIAN RECIPES

Take 2 quarts of milk, put into it 2 pounds Ganja leaves and boil till the liquid is reduced to 3 pounds. Take out the leaves and coagulate the milk by adding a little sour milk. Next day, churn it and separate the butter, adding 3 drams of sugar candy, and boil it until it forms an electuary. Note: 16 drams = 1 ounce.

Fry hemp leaves in butter, strain, and drink the liquid mixed with sugar. Or boil the residual butter with sugar until it becomes thick enough to harden when it cools.

6 pounds of grass are added to 4 pounds of clarified butter and 70 pounds of sugar. The grass is first soaked for a night in water and next day the water is drained off. The butter is then melted in a pan, and the grass is mixed with it. Water is then added, and the mixture is boiled until the grass becomes soft, when it is strained and pounded into a paste. This is then boiled with the sugar. It is allowed to harden by drying and cut into small pieces. Two 1 inch squares are enough for an ordinary person.



BHANG

Grind some grass very fine with a mortar and pestle. Add water little by little until it forms a smooth green liquid paste. Strain through a cloth, mix the liquid with milk and sugar and drink it. This is the traditional Indian formula. Other variations are:

Mix the grass with peppercorns, grind, add water, strain, mix with water and sugar. Or, pound some hemp leaves with equal amounts of black pepper, cloves, nutmeg and mace. This is mixed with a little water, then strained and stirred into 8 onces water, milk, watermelon juice, or cucumber seed juice. Bhang is often drunk without the spices, which are believed to make it more intoxicating.

BHANG SHERBET

Make half a cup of Bhang liquid as described in the recipe above, using 1/4 ounce grass, but use half rose or orange flower water and half plain water for the paste. Dissolve 1 1/4 cups sugar in 2 cups milk. Add the half cup Bhang and the grated rind of one lemon. Beat a half cup of heavy cream until thick and fold in. Pour into freezing trays and freeze to a firm mush. Then beat until light and fluffy. Freeze until firm, then decorate with fresh rose leaves or petals.

THE SACRED GHEE, or Bhang Butter

This is made by boiling grass in fresh, whole, (not homogenized) milk, then skimming off the cream and turning it into butter. This butter was used as an anaesthetic in Incia. It can also be made by boiling grass in a mixture of milk and butter for several hours, straining the mixture, and after it has cooled, taking the butter off the top. (More complete directions for this porcess in the White Cooky recipe.)

THE ANTIDOTE

To counteract any unpleasant side effects resulting from overindulgence, such as severe paranoia, cold fresh lemonade with plenty of sugar is suggested. Also any form of vitamin C, and bed rest with warm blankets until the feeling abates. Hot drinks increase the effects of hashish and make the onset of the high more rapid. Heavy food slows it down. The liquid drinks (Bhang or kif Tea) work faster, while the solids may take well over an hour. The effects last for from several hours to two days.



Only a fool seeks the black smoke when the jackals sit in a ring.

Sax Rohmer



The authorized reprint of the classic underground cookbook originally published in Morocco in 1966.

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